



# Alcohol and Drug Education

## Ways People Make and Maintain Change

### MODULE OVERVIEW



It's normal to have mixed feelings about making changes in alcohol or drug use. In fact, motivation can even go up and down in the same 24-hour period. That said, identifying strong reasons for making changes (the 'whys') is a helpful part of moving the change process forward.



Some people make changes on their own without treatment or support groups. This kind of change is sometimes called "natural recovery."



Whether the goal is to stop using a substance completely or to reduce use, having a goal can be a roadmap to change.



Informal supports are relationships with people who can be helpful along the journey toward change.



Mutual support and self-help options are typically free, anonymous, and confidential. One of the benefits of these programs is the support of peers.



While some people are able to receive enough encouragement and guidance from informal supports and/or mutual support groups, many others rely on formal treatment as an important part of their change plan.



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